



## "Partnering with Community Health Centers to Improve the Lives of Children in Need."

### The CAVU Philosophy

CAVU is not a traditional funding organization. We believe that community health providers have the best solutions to complex problems, but they frequently lack the time and resources to test and implement their ideas. This is where CAVU's partnership process can help:

**Partnerships** - CAVU partners with community health providers who understand the diverse needs of underserved populations, and provides them with resources to encourage innovative solutions.

**Programs** - CAVU's funding and direct assistance serve the community through our partner organizations. Rather than generally soliciting funding proposals, we believe that we can have the greatest impact by funding programs as part of an overall organizational partnership. Our investments vary in size and scope, but all are designed to have maximum impact for the underserved, particularly children.

**Results** - CAVU monitors our programs continuously to ensure the best outcomes. We also engage with our program champions to hone strategy and plan for sustainability, so that the impact of CAVU programs can continue beyond our funding period.

Through this highly engaged and interactive process CAVU believes that we can have a long-term, significant impact on the lives of underserved children.



### 2007 Year in Review

*Kris Cyr, Executive Director*  
*Nick Leschly, Chairman of the Board*

Greetings CAVUers,

As 2007 winds to a close, we wanted to update all of CAVU's supporters on what has been a busy and successful year for our organization. We began the year with an ambitious set of goals, and we are pleased to report that our activity in many instances exceeded those initial aims. Key highlights include:

- CAVU committed \$191,000 to 7 projects for kids, plus providing over 3300 hours of programmatic support
- CAVU added 3 new health center partners to double our number of partner organizations
- CAVU projects served underserved children in 6 communities, with an emphasis on mental health, obesity treatment and prevention, and early childhood development

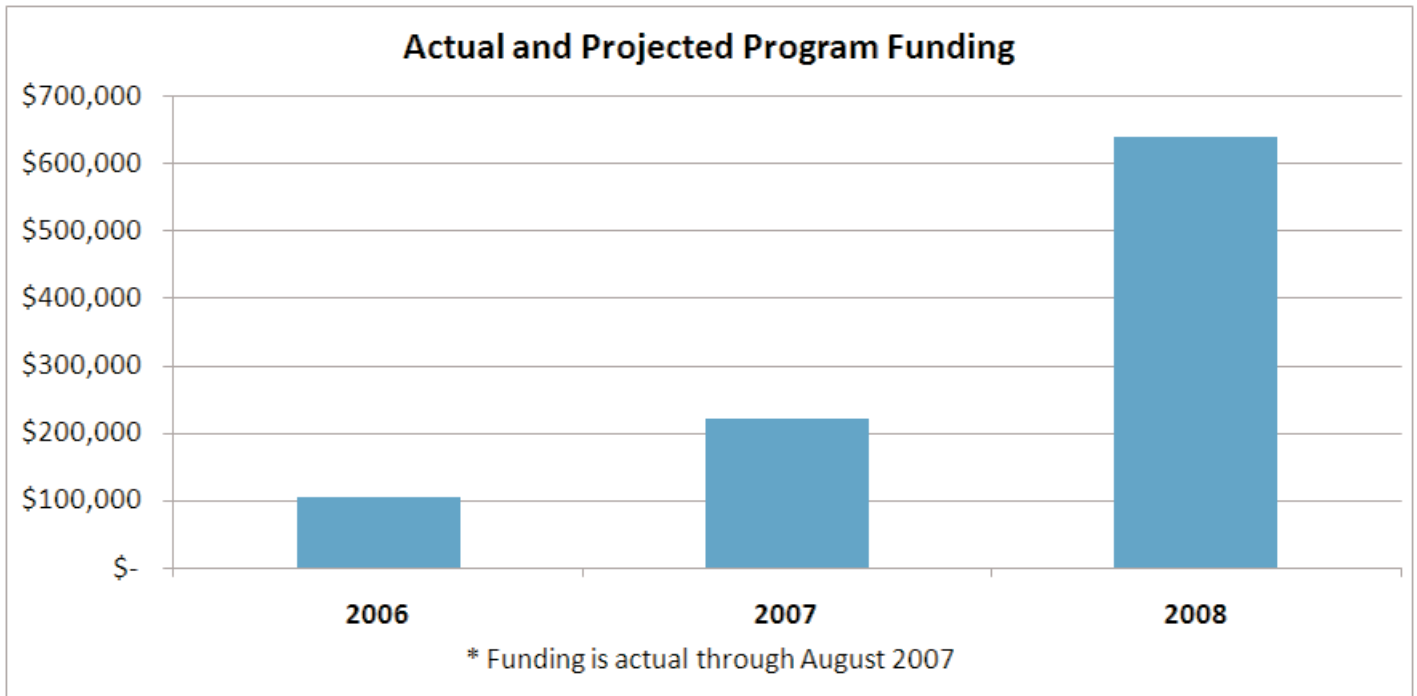
As we approach 2008 CAVU is looking forward to another successful year of hands-on, high impact projects to improve the health of underserved children in MA. Our 2007 fundraising campaign is off to a great start, and we already have some terrific new projects under consideration for 2008.

One exciting aspect of our 2008 planning is the launch of our Healthy Weight Initiative, supported by a multi-year, \$750K grant from the Paul and Phyllis Fireman Foundation. With this and several other new projects in the works, and with the continued support of our investors and partners, CAVU looks forward to an even greater year in 2008!

With warmest regards,

Kris and Nick

# Partners and Programs



## Children’s Hospital Collaboration Boston, MA

Since its opening over 130 years ago, Children’s Hospital Boston has been well-known as a leader in innovation in pediatric health. This year the hospital was ranked first in New England and second in the country among pediatric hospitals by US News and World Report, continuing a long history of national commendations. For CAVU, the proximity of Children’s Hospital to several of our CHC partners offers a unique opportunity to incorporate high-quality research and best practices into the community health center setting.



**Highlighted Program:**  
MAPSEA: Massachusetts Providers for Screening, Early and Always

**Target Population:**  
Children ages 0-9

**CAVU Pilot Funding:**  
\$10-25K

**Expected Results:**  
Improved identification and treatment of children’s developmental and behavioral issues

CAVU, Children’s Hospital Boston, the Massachusetts Department of Public Health, and UMassMemorial Medical Center have come together to form a unique collaborative entitled MAPSEA: MASSachusetts Providers for Screening, Early and Always. MAPSEA is designed to promote routine, early, and effective pediatric screening for developmental and behavioral needs. The initial phase of the program will be to put validated developmental screening tools into use at two MA community health centers to improve provider identification and treatment of developmental and behavioral issues among children.

CAVU funding will cover costs of implementing this program for the health centers involved, so that they are able to overcome the financial hurdle to taking part in this important project. One of CAVU’s newest health center partners, Whittier Street Health Center of Roxbury, has already signed on as the first CHC participant in the MAPSEA project, and CAVU is working with MAPSEA program staff on identifying another CHC to take part in the pilot phase.

# Partners and Programs

## Community Health Connections Family Health Center North Central MA

Since opening in 2002 Community Health Connections Family Health Center (CHCFHC) has grown a base of over 17,000 patients with medical, oral, and mental health services. In 2005 CHCFHC opened a satellite center in Gardner, MA, and established an on-site pharmacy at its main site in Fitchburg. Throughout this growth CAVU has played an integral role - assisting in obtaining a \$2.1M Federal grant, providing technical support, and assisting in strategic planning and advising.



### Highlighted Program:

Collaborating for Children's Health (CCH)

### Target Population:

Middle and High School students

### CAVU Funds in '06:

\$48K

### Results:

- Over 400 children impacted in 2006
- Other local schools have requested expansion into their districts

In 2005 CAVU and CHCFHC established the Collaborating for Children's Health (CCH) pilot program. CCH builds a bridge between the medical and educational communities to increase student and family access to affordable, culturally competent health care, with an initial focus on mental health. By stationing a mental health liaison at two local schools, CCH assists children in accessing needed services, and helps teachers and school administrators be better prepared to address student health concerns. CCH also provides resources for capacity building within CHCFHC's Mental Health Department, to ensure that the health center can adequately address children's mental health issues once they are identified.

After its first two years, CCH has received extensive community support and appreciation and has impacted several hundred children through its services. In concert with our support of CCH, CAVU has also helped found a Regional School Health Coalition in North Central MA and has joined a broad community-wide effort to improve access to a range of services for middle and high school students. By engaging with the community in these ways, CAVU believes that the mission of CCH - improving access to care for school-aged kids - can become a reality.

## Greater Lawrence Family Health Center Lawrence, MA

Founded in 1980, the Greater Lawrence Family Health Center (GLFHC) provides primary healthcare to 38,000 patients from Lawrence, MA and surrounding communities. GLFHC has proven itself to be a pioneer in community health, operating four neighborhood clinics, two school-based health centers, the only local federally funded Health Care for the Homeless program, and the first accredited community health-center sponsored Family Practice Residency program. Additionally, GLFHC is the first MA organization to be approved by the Department of Public Health and the Board of Registry in Pharmacy to develop a pilot remote dispensing site for its internal pharmacy.



### Highlighted Program:

ADHD Clinic

### Target Population:

Children ages 6-12

### CAVU Funds in '06:

\$45K

### Results thus far:

- Clinic booked at or near capacity for each session
  - Over 1/3 of GLFHC family doctors have been trained on ADHD treatment at the clinic

Since April 2006 CAVU has funded a weekly clinic at GLFHC designed to diagnose and treat Attention-Deficit Hyperactivity Disorder (ADHD) among children ages 6-12. The clinic is designed to specifically target the pediatric Hispanic population, a population in which ADHD is historically under-diagnosed. Additionally, the clinic serves as a training ground for other providers, who cycle through the clinic to increase their ability to diagnose and treat ADHD. The clinic allows GLFHC to serve its young ADHD patients on-site while increasing overall provider capacity around ADHD treatment.

After eighteen months of operations the ADHD clinic has served over 135 children, nearly 90% of whom are ethnic minorities. In addition, the clinic has provided in-depth ADHD training to 17 GLFHC providers, ensuring that the health center is better prepared to meet the needs of its young patients.

# Partners and Programs

## South End Community Health Center Boston, MA

South End Community Health Center (SEHC) is an independent, community-based, comprehensive care organization with a history of successful and innovative approaches to community health. SEHC is community-owned and operated, and is the largest provider of comprehensive care to Boston's Latino population. SEHC also serves a large pediatric population - 62% of their 13,000 patients are children.

Since 2003 SEHC has confronted the problem of childhood obesity in Boston, an epidemic which hits hardest in low-income and minority communities. 40% of SEHC's pediatric patients are obese, compared to the national average of 14%. By developing a holistic approach, the Weight Initiative Now Program (WIN-WIN) has targeted cultural and lifestyle factors in pediatric overweight, such as lack of exercise and poor nutrition. Through partnerships with local community centers WIN-WIN has been able to offer a multi-pronged approach to confronting childhood obesity.

**Highlighted Program:**  
WIN-WIN (Weight Initiative Now)

**Target Population:**  
Children who are overweight/at-risk for overweight

**CAVU Funds in '06:**  
\$16K

**Results thus far:**  
A comprehensive assessment of the program's strengths and weaknesses by Abt Associates

CAVU has committed to furthering the success of this much-needed program through strategic and sustainability planning. By leveraging resources and strategic partnerships, CAVU seeks to help develop WIN-WIN into a sustainable, replicable model for addressing a national concern. Currently, CAVU and WIN-WIN staff are working on a business plan that aims to streamline operations, allow for better tracking of outcomes, and provide a path to financial stability, as well as working with Whittier Street Health Center (another CAVU partner), to identify best practices in this growing field.



## Family Health Center of Worcester Worcester, MA

In April, 2007, CAVU partnered with Family Health Center of Worcester, MA. For over 35 years FHCW has provided high quality, culturally sensitive care to families. FHCW is located in a large urban community in Worcester, Massachusetts. Situated in the inner-city neighborhoods of Piedmont, Elm Park, and Main South, the area is home to a diverse population including minority and refugee populations, college students, low-income families, established residents, and homeless persons living in temporary shelters. In addition to providing primary care to families through a family practice model of care, FHCW offers services for mental illness, HIV, hepatitis B and C, tuberculosis, substance abuse, teen pregnancy and infant mortality prevention, and dental care. FHCW also operates school-based health centers in four area schools and dental services in southern Worcester County.

**Highlighted Program:**  
PEP (Parenting Education Program)

**Target Population:**  
At-risk families with children 0-2 years old

**CAVU Pilot Funding:**  
\$30K

**Expected Impact:**  
Reduce health risks, improve health outcomes, and improve parenting skills in families served

This fall CAVU has committed \$30K in funds to support a 9-month pilot period for PEP (Parenting Education Program) at FHCW. PEP will complement FHCW's Maternal and Child Health Department by providing at-home and on-site services to the most at-risk young families served by the health center. The new program will provide ongoing education, parenting skills-building support, and case management services to vulnerable, low-income families identified as in need of parenting support beyond the prenatal period, through a skills-building, strengths-based model. Envisioned as stabilizing families well beyond the program period, the program will assist parents to build supportive networks, gain new parenting skills, and establish a strong connection to a medical home that offers a continuum of comprehensive primary health care services. CAVU looks forward to working with FHCW on this critical program.

# Partners and Programs

## Whittier Street Health Center Roxbury, MA

Whittier Street Health Center of Roxbury, MA, is a JCAHO accredited urban community health center providing primary health care and outreach services to nearly 12,000 individuals from culturally and economically diverse populations. Whittier serves patients from several Boston neighborhoods, including Roxbury, Dorchester, Jamaica Plain, South End and Greater Boston. Their key patient base, however, is the Lower Roxbury community which has been served by Whittier for over 75 years.

### Highlighted Program:

Race Around Roxbury

#### Target Population:

Children who are overweight/at-risk for overweight

#### CAVU Pilot Funding:

\$30K

#### Expected Impact:

Outcome measures will include tracking of BMI and incidence of co-morbid conditions

Partnering with Whittier presents a unique opportunity for CAVU. Because Whittier is located near to South End CHC, a CAVU partner since 2006, CAVU has the ability to compare and contrast how two successful neighboring health centers identify innovative solutions for their communities. Not surprisingly, both CHCs recognized the same trend in their pediatric populations: childhood overweight and obesity.

With CAVU's support, Whittier will begin a new program this fall designed to address that concern. Race Around Roxbury, championed by Whittier's Director of Pediatrics, Dr. Shikha Anand, builds upon lessons learned in Whittier's Healthy Weight Clinic. Race Around Roxbury is designed to address weight management through a combination of counseling, interactive nutrition education, exercise, and fun physical activities. By running the program indefinitely, five days a week, Race Around Roxbury provides a reliable resource to parents looking for a high-impact after-school weight management program.



## Outer Cape Health Services Northern Cape Cod, MA

Outer Cape Health Services of Provincetown, Wellfleet, and Orleans, MA, is CAVU's most recent health center partner. Their Provincetown and Wellfleet health centers offer comprehensive services including primary care, family practice, internal medicine, pediatrics, senior care, women's services, teen clinic, HIV-related services, family planning, minor surgery, nutritional counseling, laboratory and x-ray. In addition, Outer Cape Health provides extensive outreach and support services through the WIC (Women, Infants, Children) nutrition program and through Healthy Connections, which helps uninsured people with publicly funded health insurance and social services programs.

Their coastal location presents Outer Cape with specific challenges. Significant seasonal changes in the Cape's population mean that few private providers are willing to set up permanent offices there. Thus, Outer Cape's services are critical in order to ensure that both permanent residents and visitors to the area have high-quality health care services continuously available to them. In addition, Outer Cape's coastal location creates a need for disaster preparedness and planning to a greater extent than many other inland health centers.

CAVU and Outer Cape have been exploring various options to see where CAVU involvement can have the greatest impact for the health center's patients. Outer Cape has identified several areas where an expansion of services would be beneficial, such as the establishment of a pediatric and adolescent weight management program and an expansion of their teen services. Outer Cape already operates a teen clinic at their Wellfleet site every Friday (during the school year) where teens can receive healthcare and counseling by appointment or on a walk-in basis. CAVU is currently engaged with the health center in planning how an expansion of services available to children and adolescents could be put in place.



## CAVU Supporters

### Strategic Funding Partners

Paul and Phyllis Fireman Foundation

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Jon and Alice Flint (Polaris Ventures)  
Nick and Karin Leschly (Third Rock Ventures)  
Jan and Lotte Leschly (CareCapital)  
Jim and Susan Swartz (Accel Partners)  
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